

Growing Up: The Great Journey Quiz

Learning objective: To identify the physical, emotional, and social changes that occur as we grow from children into young people.

Join Leo the Lion and Nova the Owl for this quick quiz! Read each question carefully and select or write the best answer. Remember, growing up is a different journey for everyone.

Answer Key: 1.C, 2.True, 3.False, 4.B, 5.True, 6.Independence, 7.A, 8.True, 9.Emotions, 10.B. Growing up involves physical, emotional, and social changes. It is normal for these to happen at different times for different people. Always talk to a trusted adult if you have questions.

Word bank: Independence · Responsibilities · Emotions · Puberty · Changes · Respect · Growth

1. 1. As we grow up, our bodies change. Which of these is a normal part of growing up? A) Learning to fly B) Shrinking in size C) Growing taller and stronger* D) Turning into a different animal (1 mark)

2. 2. True or False: Everyone grows and changes at exactly the same speed. (1 mark)

3. 3. True or False: It is common to feel a mix of different emotions when you are growing up. (1 mark)

4. 4. What is a 'responsibility'? A) A type of dessert B) A task you are expected to do* C) A game you play D) A favourite toy (1 mark)

5. 5. True or False: Asking questions to a trusted adult is a great way to learn about growing up. (1 mark)

6. 6. Fill in the blank: As you get older, you are often given more _____, which means you can do more things by yourself. (1 mark)

7. 7. Which of these is a good way to look after your body as you grow? A) Eating a balanced diet* B) Never sleeping C) Only eating sweets D) Staying inside all day (1 mark)

8. 8. True or False: It is important to show respect to yourself and others as we all go through changes. (1 mark)

9. 9. Fill in the blank: Sometimes, feeling sad, happy, or nervous all in one day is just a normal part of having big _____. (1 mark)

10. 10. If you are worried about growing up, who is the best person to talk to? A) A stranger B) A trusted adult like a parent or teacher* C) No one D) A pet (1 mark)

Draw: Draw a picture of yourself in the future, showing one thing you are looking forward to doing when you are older, like learning a new skill, travelling, or helping your community.



Extension challenge: Write a short poem about how you are different now compared to when you were in Year 1. Think about the new things you can do and the new feelings you have discovered!